

Weekly Meal Planner - Week #1

	Breakfast	Lunch	Dinner	Snack
Sunday	Hot /Dry cereal Canned Peaches Fruit Juice	Tomato Soup Apple Sauce Cookies Beverage *	Pork and Beans Canned Fruit Cocktail Beverage *	Trail Mix-peanuts, raisins, M & M's, pretzel Fruit Juice
Monday	Hot/Cold Cereal Ass't Canned Fruit Fruit Juice	Peanut butter and Jelly on crackers Fruit Cocktail Cookies Beverage *	Spaghettios Apple Sauce Canned Green Beans Beverage *	Graham crackers with Peanut Butter
Tuesday	Hot/Cold Cereal Cocktail Fruit Juice	Fruit Any Flavor Ramen Noodles Canned Pineapple Cookies Beverage *	Beef Stew ,Pears Beverage *	Graham crackers with Peanut Butter
Wednesday	Cereal (hot or cold) Raisins Fruit Juice	Peanut butter and Jelly on crackers Canned Pears Cookies Beverage *	Chicken Salad with Crackers Canned Peaches Beverage *	Pudding
Thursday	Hot/Cold Cereal Canned Apples Fruit Juice	Vegetable Soup Crackers Canned Peaches Cookies Beverage *	Canned La Choy Chicken Chow Mien Canned Mandarin Oranges Beverage *	Trail Mix-peanuts, raisins, M & M's, pretzels, Fruit Juice
Friday	Hot/Cold Cereal Canned peaches Fruit juice	Any Flavor Ramen Noodles Canned Mandarin Oranges Cookies Beverage *	Tortillas with Refried Beans and Salsa Canned Corn Fruit Cocktail Beverage *	Beef Jerky
Saturday	Hot Cereal Fruit Cocktail Fruit Juice	Beef Stew Apple Sauce Cookies Beverage *	Spaghettios Apple Sauce Canned Green Beans Beverage *	Pretzels

* Juice, Water, Coffee, Tea, Hot Chocolate